Nut Graf

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Women’s BMI Around the World Between 1980 and 2008

Being able to maintain a healthy body weight can be challenging for many people. Since we are all different shapes and sizes we can use the BMI calculation to find the healthiest weight for our size. BMI, or body mass index, is a calculation of height and weight to determine if someone is has reached a healthy weight for his or her particular size. The average BMI’s of women in each country ranges from 19 to 35. This range is based off of food accessibility, cultural practices, and of course body type. Contrary to common assumption, the United States does not have the highest BMI in 2008. Nauru, a country off of the coast of Papua New Guinea, had the highest BMI at 35.02 in 2008. According to the BMI calculations, this weight would be considered obese. Although the United States did not have the highest BMI, the average has been steadily increasing in this country since 1980. Since the average BMI in 2008 was 28.34, the average US citizen is considered overweight. There are several other patterns in this data set that explain a particular event in history or cultural norm in each country.